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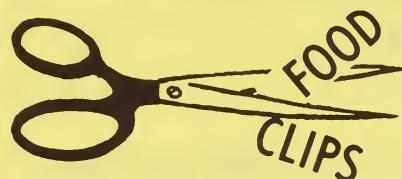




# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

December 16, 1974



If you're packing food in bags for your freezer...just make sure that the air is pressed out of the unfilled part of the bag first, then, seal immediately.

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What is "enriched all-purpose flour?" It's usually the kind sold for home use and is suitable for most home baking. It's a blend of hard and soft wheat flours, but it can be milled entirely from soft wheat too.

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If you're using double-acting baking powder -- it reacts and produces gas bubbles twice -- first during mixing, and again during baking. Quick-acting baking powder (cream of tartar type) reacts to form gas bubbles only once -- as soon as the batter is mixed.

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Why are eggs important in baking? In addition to adding color, flavor, and nutritive value -- beaten eggs act as leavening agents, and the proteins in eggs coagulate when heated to strengthen the framework of batters and doughs.

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--For Seniors

## NEW YEARBOOK OF AGRICULTURE\* "SHOPPER'S GUIDE"

How to buy the right product -- at the best price, is the theme of the 1975 yearbook of Agriculture. Divided into six sections, the annual yearbook from the U.S. Department of Agriculture features information on foods, materials, equipment, gardening, service, and recreation.

Selection and comparisons -- the real measures of a good shopper -- are explored in the 368-page illustrated hardback book, published by USDA for consumers. Information on how many servings you can expect from a package of food, or how you can compare costs of food in various forms--fresh, frozen, or canned--is included.

The book also includes details on building materials for the do-it-yourselfer, as well as equipment information ranging from kitchen appliances to gardening tools. Federal and state research information has been compiled to make this an invaluable guide for every shopper. It may be purchased for \$5.70 from Government bookstores or by sending a check to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

\*For December 18th release.



## Join Woodsy. "Give a hoot-don't pollute."

SMOKEY BEAR - WOODSY OWL CONTEST

THERE'S STILL TIME...

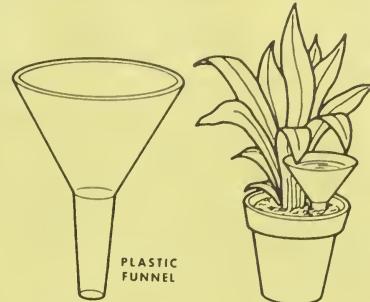
All children and young adults from kindergarten through high school are eligible to compete in a state and national free hand poster contest sponsored annually by the National Council of State Garden Clubs. You can combine art and conservation into an original poster with either a Smokey Bear or Woodsy Owl theme. Posters of Woodsy and Smokey, U.S. Department of Agriculture Forest Service Anti Pollution and Fire Prevention symbols, will encourage young people to create ways to get the message effectively across through an art medium.

Your poster may be made with paints, collage, magic marker, charcoal, pastels or crayon and should be centered on an environmental theme. For further contest information you may contact your local garden club, a Forest Service (U.S. Department of Agriculture) field office or the Office of Information Southwestern Regional Office, Forest Service, 517 Gold Avenue, S.W., Albuquerque, New Mexico, 87102. Deadline for entries is January 5, 1975.



**please help prevent forest fires**

## WHO'LL LOOK AFTER THE GARDEN ---While You're Away?



Plastic funnel used as aid in watering.

Oftentimes a would-be indoor gardener passes up a lot of pleasure of having a group of growing plants because of the concern that many house plants die while the owners are away from home on a vacation or a business trip. Fear not, there is a way to prepare for this problem, according to research scientists at the U.S. Department of Agriculture.

If you cannot get someone to care for your plants, just cover the plants with a polyethylene sheet and tie it to the pot or box to prevent loss of moisture. Reduce the lighting to 8 hours a day.

It is possible to gradually train your plant not to need too much water -- if you start several weeks ahead of the time you will be leaving. This means just to gradually decrease the amount of water each time you give them water so that they are not in the habit of taking in too much (often we overwater them anyway!). However, if you can't do that, just give them a good drink, using the funnel method -- which means using a plastic funnel inserted in the soil in the pot, filled it with water and when empty, fill it again. When water no longer drains from the funnel stick your finger in the neck so that water will not run out; then remove the funnel. Plants watered in this way usually will not need water again for about 2 weeks. (Flowering plants require more frequent watering than do foliage plants.)

## NUTRITION EDUCATION

### ---For The Elderly

A model project to provide nutrition education for older citizens in Connecticut is being sponsored by the University of Connecticut Department of Nutritional Sciences and the Cooperative Extension Service, in cooperation with the Connecticut Department of Aging. More than 3,000 older citizens are expected to participate in a daily luncheon program which will emphasize the nutritional educational plan.

In addition to the feeding, learning-type situation, this project will involve Extension home economists, nutritionists and aides who will help the elderly in choosing and preparing nutritious, economical combinations of food to maintain and improve health. Basic problems such as learning to "cook for one--or two" and shopping tips will be explored as well as providing materials and assistance on the Food Stamp program, health referrals and other supportive services.

The importance of nutrition in the aging process, and ways of improving nutrition to help maintain a person's health and independence in later years are part of the educational theme. About one-half of the health problems of the elderly are directly related to nutritional problems, according to a report from the White House Conference on Nutrition.

Several symposiums involving state and federal government health and service agencies have been held in recent months throughout Connecticut. This model project may serve as a example of what other states may do for the increasing number of senior citizens.

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NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.